April 2023 Activities

	Monday		Tuesday		Wednesday		Thursday		Friday
3	Coffee 8:00-11:00 Adaptive Yoga 9:00	4	Coffee 8:00-11:00 Drum Fit Class 9:00 Pitch 1:00	5	Coffee 8:00-11:00 Wii 9:00 Assisted Yoga 9:00 Resistance Bands w/Sandy 10:00 BINGO 12:45 Called by Susan Trabert	6	Coffee 8:00-11:00 Tai Chi 10:00 Pegs & Jokers 1pm	7	Coffee 8:00-11:00 SHOW & TELL 9:00 Next Level Yoga 9:00 Exercise Class 10:30
10	Coffee 8:00-11:00 Adaptive Yoga 9:00	11	Coffee 8:00-11:00 Drum Fit Class 9:00 Pitch 1:00	12	Coffee 8:00-11:00 Wii 9:00 Assisted Yoga 9:00 Resistance Bands w/Sandy 10:00 Nutrition w/ Jill 12:30	13	Coffee 8:00-11:00 Tai Chi 10:00 Movie Time 12:45 King's Speech	14	Coffee 8:00-11:00 SHOW & TELL 9:00 Next Level Yoga Exercise Class 10:30
17	Coffee 8:00-11:00 Adaptive Yoga 9:00 NATIONAL VOLUNTEER WEEK Cupcakes & Coffee 12:30	18	Coffee 8:00-11:00 Drum Fit Class 9:00 Pitch 1:00	19	Coffee 8:00-11:00 Wii 9:00 Assisted Yoga 9:00 Resistance Bands w/Sandy 10:00 POTATO BAKE	20	Coffee 8:00-11:00 Tai Chi 10:00 Pegs & Jokers 1pm	21	Coffee 8:00-11:00 SHOW & TELL 9:00 Next Level Yoga 9:00 Exercise Class 10:30 Volunteer Breakfast 9:00
24	Coffee 8:00-11:00 Adaptive Yoga 9:00	25	Coffee 8:00-11:00 Drum Fit Class 9:00 Pitch 1:00	26	Coffee 8:00-11:00 Wii 9:00 Assisted Yoga 9:00 Resistance Bands w/Sandy 10:00 BIRTHDAY MEAL And Entertainment	27	Coffee 8:00-11:00 Tai Chi 10:00 Pegs & Jokers 1pm	28	Coffee 8:00-11:00 SHOW & TELL 9:00 Next Level Yoga 9:00 Exercise Class 10:30